

Basic Dance Technique Terminology

**Plie- to bend*

**Eleve- to raise (to the metatarsals/ balls of the feet)*

**Releve- to bend/plie then rise to the metatarsals*

**Tendu- to stretch*

**Degage- to disengage*

**Passe- a position of the foot at the knee of the standing leg*

**Rond de jambe- circle of the leg*

**Battement- a brush of the leg to a higher degree (90 degrees and higher)*

**Improvisation- spontaneous movement reactions to a given prompt, idea, etc.; a moment of self expression and personal exploration.*

Improvisation ideas or examples: qualities of moving- percussive, sustained, pendular, vibratory, collapse, Other prompt examples: heavy, light, rippling, moving through quicksand, landing on the moon, unravel, itchy, hula-hooping, etc. The prompt could/should change each day and could reinforce a concept/idea/intention, quality or emotion. It could also be a theme or characteristic prompt (that relates to your show).